

The Claims

What is claimed is:

- 5 1. A composition comprising,
 - (a) a soy protein source,
 - (b) at least one phytoestrogen compound,
 - (c) dietary fibres, and
 - (d) a substance selected from the group consisting of
- 10 steviol, isosteviol, glucosteviol, gymnemic acid, steviolbioside, stevioside, Rebaudioside A, Rebaudioside B, Rebaudioside C, Rebaudioside D, Rebaudioside E or Dulcoside A, their pharmaceutically acceptable analogues or their pharmaceutically
- 15 acceptable derivatives
2. A composition according to claim 1, wherein the soy protein source is selected from isolated soy protein, soy protein concentrate, or soy flour, said soy protein source
- 20 providing an amount of soy protein, which is at least 45 weight percent of the total protein content of the composition, said total protein content providing at least 15 percent of the total energy content of the composition.
- 25 3. A composition according to claim 1, wherein the at least one phytoestrogen compound are present in an amount of more than 0.10 weight percent of the soy protein content of the composition.
- 30 4. A composition according to claim 1, wherein the dietary fibres are present in an amount of more than 4 weight percent of the total weight of the nutritional composition on a dry basis.

5. A composition according to claim 4, wherein the dietary fibres are soybean fibres.
6. A composition according to claim 5, wherein the soybean fibres are soy cotyledon fibres.
7. A composition according to claim 1, wherein the phytoestrogen compound is selected among isoflavones.
8. A composition according to claim 7 wherein the isoflavones are selected from the group consisting of genistein, daidzein, glycitein and equol.
9. A composition according to claim 7, wherein some or all of the isoflavones are present in the aglycone form.
10. A composition according to claim 1 in the form of a micronutrient.
11. A composition according to claim 1 in the form or a functional food ingredient.
12. A composition according to claim 1 in the form of a special dietary supplement.
13. A composition according to claim 1 in the form of a medicament.
14. A method for treating type 2 diabetes in a subject which comprises administering a therapeutically effective amount of the composition of claim 1 to a subject in need of such treatment.

15. A method according to claim 14 wherein the composition is administered to provide improved glucose tolerance, an increased insulin sensitivity, reduced serum glucose levels or an improved insulin secretion.

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16. A method for reducing the influx of cholesterol into the arterial wall in a diabetic subject which comprises administering a therapeutically effective amount of the composition of claim 1 to a subject in need of such treatment.

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17. A method for reducing the influx of triglycerides into the arterial wall in a diabetic subject which comprises administering a therapeutically effective amount of the composition of claim 1 to a subject in need of such treatment.

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18. A method for treating a cardiovascular disease in a diabetic subject which comprises administering a therapeutically effective amount of the composition of claim 1 to a subject in need of such treatment.

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19. A method according to claim 18 wherein said cardiovascular disease is selected from the group consisting of hypertriglyceridaemia, hypercholesterolaemia, hypertension, hyperglycaemia, hyperinsulinaemia, arteriosclerosis, atherosclerosis, arteriolosclerosis, angina pectoris, thrombosis and myocardial infarction.

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20. A pharmaceutical preparation comprising a composition according to claim 1 and optionally including a pharmaceutically acceptable carrier for the composition.

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21. A method for manufacturing a medicament for treating a subject suffering of a disease selected from the group consisting of type 2 diabetes, the metabolic syndrome, a cardiovascular disease, obesity, hypertension and dyslipidemia, which comprises formulating as the medicament, a composition according to claim 1.

22. The method according to claim 21 wherein the medicament is effective in treating effects in a diabetic subject selected from the group consisting of lowering serum glucose levels, lowering total serum cholesterol levels, lowering serum LDL-cholesterol levels, lowering serum triglyceride levels, lowering serum homocystein levels, lowering blood pressure, increasing the HDL/LDL-cholesterol ratio and increasing serum HDL-cholesterol levels.